

April 5, 2020

St. Louis County Department of Public Health COVID-19 Update

Treating COVID-19 at Home

Recommended treatment for COVID-19 can begin at home, even without being tested or receiving a negative result. Those experiencing symptoms should assume they are positive and be empowered to take control. They should isolate immediately, as that is the best way to prevent the spread of this illness and avoid exposing others. They should also:

- Stay at home – Separate living quarters and bathrooms from others and do not share common items such as drinking glasses, dishes, household items, towels, bedding, electronics, or other items with other members in your home.
- Have no visitors – With the exception of those already living with you, law enforcement, fire department staff, emergency medical personnel, healthcare providers, or DPH staff.
- Incorporate restrictions in outside activities: do not come within 6 feet of another person, do not use common stairwells, hallways, or elevators to get outside, and do not leave your own property or leasehold.
- Monitor symptoms – continue to assess for fever (take temperature twice a day), coughing, shortness of breath and other less common symptoms. Contact a healthcare provider/department of health representative for guidance if symptoms worsen. Do not seek care at a medical facility without calling first.
- Continue to practice preventative measures including hand washing and covering coughs & sneezes.
- Clean “high-touch” surfaces at least once a day. “High-touch” includes counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, tablets, keyboards, and bedside tables.

Attached is the letter that is being sent to those who are experiencing symptoms of COVID-19 and are awaiting test results.

Metro Transit

The stay at home order is applicable to those utilizing public transit. Individuals should limit trips on Metro Transit to essential trips only, such as essential workers commuting to work or going to the grocery store. Limiting travel is vital to public health.

Metro Transit announced effective today, the indoor areas at the Civic Center, Riverview, North County and Ballas Transit Centers will be closed until further notice. These four Metro Transit Centers will remain open for MetroBus and MetroLink service, but riders will not be able to access the indoor areas at the transit center. This measure is being implemented as part of

Metro Transit's ongoing efforts to minimize potential exposure to riders and employees while continuing to provide critical transportation options for essential workers and necessary trips during the COVID-19 crisis.

Cloth Masks

The CDC recommends the use of cloth masks for those that are looking for alternative ways to protect themselves when going to areas that may prove difficult to practice social distancing, like the grocery store or pharmacy. The use of cloth masks is believed to slow the spread of the virus, while also preserving much needed N-95 masks for healthcare workers and first responders, who must work in direct contact with those confirmed to have COVID-19.

The CDC has directions for making two types of cloth masks, one that does not require sewing and one that does. Both types can be made out of items found in your home. For more information visit: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

Contact Information

The Missouri Department of Health and Senior Services hotline can be reached at (877)435-8411.

St. Louis County has created a website dedicated to the dissemination of information relating to COVID-19, www.stlcorona.com. Please visit that website or those belonging to the Center for Disease Control (CDC) or the World Health Organization (WHO) for the most current and reputable information.



Sergeant Benjamin Granda

Public Information Coordinator

314-615-4282

bgranda@stlouisco.com